

CONNECTION IDEAS FOR THE BUSY PARENT



Start a "Notes-book" where you write notes back and forth with your child.



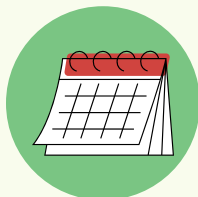
Leave sticky notes telling them you love them.



Set up a "Special Night" every month where they get to choose a meal and a movie.



Send them text messages telling them how much you appreciate them.



Put connection times on the calendar so your child knows when you will eat meals together, have family time, or their "Special Time."